

**AMENDMENT A**

Claim 1 canceled.

Claim 2. (currently amended) The devicemethod of claim 12 wherein said toy further comprises arms each having five fingers and wherein said arms and fingers also exhibit indicia that correspond to known meridian-and-chakra points on the human body.

Claim 3. (currently amended) The devicemethod of claim 12 wherein said toy further comprises legs and wherein said legs also exhibit indicia that corresponds to known meridian-and-chakra points on the human body.

Claims 4 through 6 cancelled.

Claim 7 (currently amended) The devicemethod of claim 12 wherein said indicia are visual.

Claim 8. (currently amended) The devicemethod of claim 12 wherein said indicia are tactile.

Claims 9 through 11 cancelled.

Claim 12. (currently amended) A method of teaching the self-administration of energy psychology or tapping therapy to relieve a disturbance or discomfort comprising the steps of:

- (a) ascertaining the nature and intensity of a subject's disturbance or discomfort;
- (b) determining in accordance with known teachings the meridian points most appropriate to relieve the disturbance or discomfort; and

(c) teaching said subject to self-administer said therapy using a toy having at least a head and torso exhibiting indicia that correspond to known meridian points on the human body, said teaching step comprising ~~The method of claim 10 wherein the step of teaching the subject to self administer the therapy further comprises the further steps of:~~

- (1) demonstrating said therapy by tapping said indicia on said toy corresponding to said meridian-and-chakra points identified as most appropriate to relieve said disturbance or discomfort;
- (2) demonstrating said therapy on said subject by tapping said meridian and chakra points identified as most appropriate to relieve said disturbance or discomfort;
- (3) stimulating said meridian-and-chakra points on said subject by tapping said points with said toy;
- (4) directing said subject to tap said indicia on said toy that correspond to said meridian and chakra points; and
- (5) directing said subject to tap in sequence and cadence said meridian-and-chakra points on said subject's own body at the same time as said teacher taps said indicia on said toy corresponding to said same meridian-and-chakra points.

Claims 13 through 18 canceled.

Claim 19. (currently amended) The method of claim 102 wherein the toy is selected from a group comprising dolls, animals, fanciful characters and puppets.

Claim 20. (currently amended) The method of claim 102 wherein the indicia are selected from a group comprising colors, spots, freckles, dimples, bumps, fur, warts, calluses and tentacles.